Claims

1. A method of protecting the health and safety of an authorized user comprising the steps of:

monitoring a vital sign of the authorized user via a portable sensor attached to and carried by the authorized user; and

automatically calling for help using a radio frequency channel when the monitored vital sign exceeds a threshold value.

- 2. The method of protecting the health and safety of the authorized user as in claim 1 wherein the step of monitoring the vital sign further comprises measuring a heart rate of the authorized user.
- 3. The method of protecting the health and safety of the authorized user as in claim 1 wherein the step of monitoring the vital sign further comprises measuring a blood pressure of the authorized user.
- 4. The method of protecting the health and safety of the authorized user as in claim 1 wherein the step of monitoring the vital sign further comprises measuring a galvanic skin resistance of the authorized user.
- 5. The method of protecting the health and safety of the authorized user as in claim 1 wherein the step of monitoring the vital sign further comprises measuring a body temperature of the authorized user.

- 6. The method of protecting the health and safety of the authorized user as in claim 1 wherein the step of monitoring and calling for help further comprises comparing the monitored vital sign with the threshold value.
- 7. The method of protecting the health and safety of the authorized user as in claim 1 wherein the step of calling for help further comprises transceiving a wireless message to a basestation.
- 8. The method of protecting the health and safety of the authorized user as in claim 7 wherein the step of transceiving the wireless message to the basestation further comprises encoding the message with an identifier of the monitored vital sign.
- 9. The method of protecting the health and safety of the authorized user as in claim 7 wherein the step of transceiving the wireless message to the basestation further comprises encoding the message with a magnitude of current and past vital signs the monitored vital sign.
- 10. The method of protecting the health and safety of the authorized user as in claim 7 wherein the step of transceiving the wireless message to the basestation further comprises encoding the message with an identifier of the authorized user.
- 11. The method of protecting the health and safety of the authorized user as in claim 7 wherein the step of transceiving the wireless message to the basestation

further comprises selecting a control channel of a local cellular basestation for transmission of the message.

- 12. The method of protecting the health and safety of the authorized user as in claim 7 wherein the step of transceiving the wireless message to the basestation further comprises selecting a channel of a authorized user basestation.
- 13. The method of protecting the health and safety of the authorized user as in claim 1 wherein the step of calling for help further comprises dialing a telephone number of a remotely located monitoring station and playing back a prerecorded message.
- 14. An apparatus for protecting the health and safety of a user comprising:

means for monitoring a vital sign of the user via a portable sensor attached to and carried by the user; and

means for automatically calling for help when the vital sign exceeds a threshold value.

- 15. The apparatus for protecting the health and safety of the user as in claim 14 wherein the means for monitoring the vital sign further comprises means for measuring a heart rate of the user.
- 16. The apparatus for protecting the health and safety of the user as in claim 14 wherein the means for monitoring the vital sign further comprises means for measuring a blood pressure of the user.

- 17. The apparatus for protecting the health and safety of the user as in claim 14 wherein the means for monitoring the vital sign further comprises means for measuring a galvanic skin resistance of the user.
- 18. The apparatus for protecting the health and safety of the user as in claim 14 wherein the means for monitoring the vital sign further comprises means for measuring a body temperature of the user.
- 19. The apparatus for protecting the health and safety of the user as in claim 14 wherein the means for monitoring and calling for help further comprises means for comparing the monitored vital sign with the threshold value.
- 20. The apparatus for protecting the health and safety of the user as in claim 14 wherein the means for calling for help further comprises means for transceiving a wireless message to a basestation.
- 21. The apparatus for protecting the health and safety of the user as in claim 20 wherein the means for transceiving the wireless message to the basestation further comprises means for encoding the message with an identifier of the monitored vital sign.
- 22. The apparatus for protecting the health and safety of the user as in claim 20 wherein the means for transceiving the wireless message to the basestation further comprises means for encoding the message with a magnitude of the monitored vital sign.

- 23. The apparatus for protecting the health and safety of the user as in claim 20 wherein the means for transceiving the wireless message to the basestation further comprises means for encoding the message with an identifier of the user.
- 24. The apparatus for protecting the health and safety of the user as in claim 20 wherein the means for transceiving the wireless message to the basestation further comprises means for selecting a control channel of a local cellular basestation for transmission of the message.
- 25. The apparatus for protecting the health and safety of the user as in claim 20 wherein the means for transceiving the wireless message to the basestation further comprises means for selecting a channel of a user basestation.
- 26. The apparatus for protecting the health and safety of the user as in claim 14 wherein the means for calling for help further comprises means for dialing a telephone number of a remotely located monitoring station and playing back a prerecorded message.
- 27. An apparatus for protecting the health and safety of a user comprising:
- a sensor adapted to monitor a vital sign of the user via a portable sensor attached to and carried by the user; and
- a communications device adapted to automatically call' for help when the vital sign exceeds a threshold value.

- 28. The apparatus for protecting the health and safety of the user as in claim 27 wherein the sensor further comprises a heart rate detector.
- 29. The apparatus for protecting the health and safety of the user as in claim 27 wherein the sensor further comprises a blood pressure detector.
- 30. The apparatus for protecting the health and safety of the user as in claim 27 wherein the sensor further comprises a resistance meter adapted to measure a galvanic skin resistance of the user.
- 31. The apparatus for protecting the health and safety of the user as in claim 27 wherein the sensor further comprises a thermometer adapted to measure a body temperature of the user.
- 32. The apparatus for protecting the health and safety of the user as in claim 27 further comprising a comparator adapted to compare the monitored vital sign with the threshold value.
- 33. The apparatus for protecting the health and safety of the user as in claim 27 wherein the communication device further comprises a cellular transceiver adapted to transceive a wireless message to a basestation.
- 34. The apparatus for protecting the health and safety of the user as in claim 27 wherein the communication device further comprises a user basestation.

- 35. The apparatus for protecting the health and safety of the user as in claim 34 wherein the user basestation further comprises a communication controller adapted to dial a telephone number of a remotely located monitoring station and play back a prerecorded message.
- 36. The method of protecting the health and safety of a user as in claim 1 further comprising calling for help when a biometric template of a current user is different than an authorized user.
- 37. The method of protecting the health and safety of the authorized user as in claim 1 further comprising transmitting a location of the user using a global positioning system.
- 38. The method of protecting the health and safety of the authorized user as in claim 1 further comprising determining the threshold based upon a historical average in memory for the user.
- 39. A method of protecting the health and safety of an authorized user comprising the steps of:

monitoring a vital sign of the authorized user via a portable sensor attached to and carried by the authorized user; and

automatically calling for help using a radio frequency channel when the monitored vital sign exceeds a threshold value.

- 40. The method of protecting the health and safety of the authorized user as in claim 39 wherein the step of monitoring the vital signs further comprises measuring a combination of all vitals to make a determination as to the welfare of the authorized user.
- 41. The method of protecting the health and safety of the authorized user as in claim 39 wherein the step of monitoring the vital sign further comprises measuring a body temperature of the authorized user.
- 42. The method of protecting the health and safety of the authorized user as in claim 39 wherein the step of monitoring and calling for help further comprises comparing all monitored vital signs with a respective threshold value.
- 43. The method of protecting the health and safety of the authorized user as in claim 39 wherein the step of calling for help further comprises transceiving a wireless message to a basestation without the user's participation.
- 44. The method of protecting the health and safety of the authorized user as in claim 39 wherein the step of calling for help further comprises dialing a telephonic number of a remotely located monitoring station and playing back a prerecorded message.
- 45. An apparatus for protecting the health and safety of a user comprising:

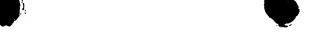
means for monitoring at least some vital signs of the user via portable sensors attached to and carried by the user; and

means for automatically calling for help when the vital signs exceed threshold values.

- 46. The apparatus for protecting the health and safety of the user as in claim 45 wherein the means for monitoring and calling for help further comprises means for comparing all the monitored vital signs with a respective threshold value.
- 47. The apparatus for protecting the health and safety of the user as in claim 45 wherein the means for calling for help further comprises means for transceiving wireless messages encoded with magnitude of vital signs and an identifier of the user.
- 48. An apparatus for protecting the creditability and safety of a user comprising:

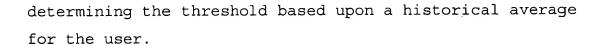
sensors adapted to monitor at least some vital signs of the user via a portable sensors attached to and carried by the user; and a wireless communications device adapted to communicate with other devices if at least some of the vital signs exceed a threshold value.

49. The apparatus for protecting the creditability and safety of a user as in claim 48 further comprising monitoring at least some biometrics of a user and determining that the monitored biometric matches the biometric template of the authorized user and that payment



can be made by transmission of authorizations for purchases.

- 50. The apparatus for protecting the creditability and safety of a user as in claim 48 further comprising turning off the wireless transceiver when a biometric template of a current user is different than an authorized user.
- 51. The apparatus of protecting the creditability and safety of the authorized user as in claim 48 further comprising transmitting authorization codes that will debit the users account at a point of purchase location only if at least some biometric vitals are identified as to the user records on file.
- 52. The method of protecting the creditability and safety of the authorized user as in claim 48 further comprising determining that the user is the authorized user by matching a history of vital signs to the set of records on file.
- 53. The method of protecting the creditability and safety of the authorized user as in claim 48 further comprising transmitting authorization encrypted codes to provide charge authorizations to a seller that will debit the user's account for a purchase at a location only if all biometric and vital signs match the user set of records on file.
- 54. The method of protecting the health and creditability of the authorized user as in claim 48 further comprising



55. A method of protecting the health and safety of an authorized user comprising the steps of:

using voice recognition or auxiliary pushbuttons on the PAD 10 to identify and allow the authorized user to call for help,

having a stored recorded audio message; and connecting to the monitoring station, the base station may play back the audio message requesting help and the desired location.

56. The method of protecting the health and safety of the authorized user further comprising transmitting the call for help to a monitoring station through the Internet.